

# HINDU COOKERY DOES NOT STOP WITH CURRIES

A Peaceful Lesson From India in Our Favorite War Pastime of Hooverizing

By CORA MOORE

IT WAS back in the piping days of peace and plenty that we regarded food with that degree of nonchalance which enabled us to take no thought for what we should eat or what we should drink; nowadays it is necessary to do considerable thinking about food if we would continue to eat and drink at all. So in the interests of thrift and economy it is even meet that we should journey abroad from time to time to learn of other peoples' ways and means with foods.

Fortunately, it is possible to do this without having to brave submarines or to take any of the other hazards incident to travel in war time, for right here in New York are representative eating places of almost every nation, and it is quite possible to dine à la Française to-night, be transported to Holland to-morrow, to try the next evening the cooking of Spain, Italy, of Bohemia, Turkey, Mexico, China or Japan, to have a New England dinner or to test the dishes of a Creole cook, each time amid its own surroundings.

Already we have had dinner in Russia via a delightful little restaurant in the heart of the city, and a few blocks up from there we may meet in India and dine as the Hindus do. Not on curry alone, despite the fact that curries seem to be about the only gastronomical creation that the average person associates with the East Indian cuisine. It is amazing what things culinary they can teach us, how many ways of cooking and serving they have that we never appreciated which are directly applicable to our own foods and should be at once incorporated in our own system of domestic economy.

It is similarly true that they have a number of principles or precepts appertaining to foods that might to good purpose be adopted by us. For instance, they prize higher than any other drink clear water, and the majority of Hindus scorn taking tea or coffee with dinner. Then it is against their religion to use animal fats in cooking, so they substitute vegetable fats.

They have more ways of cooking and serving eggs, rice and vegetables than we could even imagine, for comparatively little meat is eaten among the Hindus and they have few worth while fish. What meats and fish are partaken of, however, are cleverly dealt with, the former usually cut into bits—their menus rarely, if ever, include roasts—and the latter, the fish, served not so often with sauces as they are marinated or spiced.

The chef of the Hindu-place-of-dining-in-New-York answers quite adequately to the descriptions of Hindu cooks in "Oriental Tales" (here he appears with the destiny of nations apparently weighing upon him), and he explained among other interesting truths that cooking in India varies with caste, the Anglo-Indian, for example, keeping to a much more modified diet than the Hindu, who lives chiefly on rice, peas, fruit, milk, wheat and ghee, a sort of clarified butter.

"Every Hindu," he went on to say, "is capable of making a curry so delectable that you would declare he could have received his inspiration for such a dish from no lesser a source than Buddha himself, but," he added, "the art of Hindu cookery does not stop with curries—it begins there." And the few Hindus who have drifted to New York and the many English who, for one reason or another, are here, all of whom have found their way up to this Hindu restaurant, will answer "Ay, ay!" or its equivalent, with loud acclaim, for there are, besides the curries, strangely delicious little cakes, preserves and other sweets, spicy pickles and a variety of other good things of which few of us over here have even heard.

## Two Indian Dinner Menus

The fierce looking chef salaamed the pleasure it would be to contribute some of his choicest recipes to our food economy campaign and from the list he suggested these menus, which, he said, were representative ones:

### DINNER MENU

Narial Ka Soup

Goorda

Kohleounon

Halwa Zardak

Narial Ka Soup

Scrape the inside of two ripe coconuts very fine and place in a saucepan with white stock and a blade of mace and simmer for half an hour. Strain through a fine sieve. Have ready the beaten yolks of four eggs and a little stock, with arrowroot to thicken the soup. Mix the latter to a smooth batter, add gradually to the soup and let simmer very gently, stirring all the time. Half a pint of rich milk will be a satisfactory substitute for the eggs. In India buffalo milk is used, but that is not to be had in great plenty in New York.

Goorda

Cut lambs' kidneys the broad way, skewer them flat and lay in a marinade of oil, vinegar, sliced onions, chopped parsley and pepper. After an hour or two broil slowly over a clear fire, basting with a little butter. Lay on a hot platter, put a little butter in centre of each, strew with minced parsley and serve at once.

Kohleounon

Mash together any vegetables, such as cabbage, carrots, beans or broccoli (a hardy cauliflower) and add the same amount of mashed potatoes. Add pepper, salt, butter and enough milk or broth to form a thick paste and stir over the fire till hot. Then mould and turn out for the table.

Halwa Zardak

Peel a young pumpkin thin. Stick it full of cloves and boil until it is half done; then cut it into pieces, throw away the seeds, put into a saucepan with more cloves, mace and cinnamon tied in muslin, two lime peels, one orange peel and juice, and sugar to sweeten and finish cooking. Use as a filling for a tart.

The second menu suggested, even though it consist of ancient Indian dishes, might well have been planned by Mr. Hoover in 1918, so



A little adventure in eating, via the subway. A safe return guaranteed.

chary is it of meat and wheat and sugar and so lavish is it of rice, vegetables and fish. Almost we are moved to believe that our Food Administrator must have been a Hindu in a previous incarnation.

### DINNER MENU

Bengal Stew

Kedgerie

Belatee Mutter

Guava Ice

Nauma a Bah Kummier

### Bengal Stew

One-half teacupful broth or gravy, one dessertspoon anchovy sauce, one of lime juice, one large onion boiled to a mash, saltspoon red pepper and twice as much black. Mix well and pour over cold fowl cut up. Serve hot.

### Kedgerie

One teacupful boiled rice mixed with any cold fish. Add two beaten eggs, a little butter, pepper and salt to suit the taste, stir over fire till very hot and serve.



Tropical Dishes Should Appeal to Those Who Summer in New York City

### Belatee Mutter

Mix a quart of shelled peas with two table-spoonsful of butter. Lay upon them in a deep saucepan a large, choice lettuce cut in slices and half a dozen small onions split in two, also a sprig or two of mint. Add a wineglassful of water and place on fire. When the lettuce falls shake the saucepan till the peas are uppermost. Add pepper and salt and a dessertspoonful of sugar. Stew till the peas are tender. The fire for this should be brisk.

### Guava Ice

Dissolve one-half pound of guava jelly with as little water as possible, mix in a pint of cream and freeze.

### Nauma a Bah Kummier

Mix two cupsful of rye flour and one-half cup of rice or cornstarch with a cup of milk, add two table-spoonsful of ghee (butter), a small piece of yeast cake and a dash of salt. Work these ingredients well together and set aside for two hours, then make into little cakes, sprinkle with poppy and anise seeds and bake.

When these two menus had been translated into legible details our host kept on suggesting marvellous mixtures of rice and herbs, mutton and spices, vegetables and seasonings, all familiar in themselves, but unheard of in these combinations. Long as we have known the cabbage and the lime we have never thought of putting them together, but "Kobbe" translated reveals just this strange and delightful companionship.

Try them out; they are as refreshing as finding a brand new and delightful trait in a childhood friend.

Besides the fact that these recipes have a strong conservation flavor it is interesting to know what lies behind the strange names and sounds seen and heard in an Indian restaurant. Unless one has a very adventurous spirit it is a bit disconcerting to order a confection, presumably, and get curried lamb!

### Dumpeke

Stuff a boned chicken with a forcemeat made of boiled rice, fresh herbs, onions and hard boiled eggs. Braise gently over a clear fire.

### Kulleah Yekhanee

Slice a quantity of lean mutton very fine and place in just enough water to cover. Add four ounces of cloves and ginger, one table-spoonful of sugar, two of lime juice and a little curry powder, with salt to taste. Stew till tender.

### Chingree Ka Cutlets

Mince the meat of a lobster and add to it two ounces of butter which has been browned with a table-spoonful of rice flour. Season with salt, pepper and cayenne and add half a pint of strong stock. Stir over the fire till hot. Put in separate table-spoonsful on a platter and when cold make into cutlet shapes, brush with egg yolk, dip in crumbs and fry in clear

vegetable oil. Put on a dish with parsley and serve with the following sauce: Beat the yolks of two eggs in a wineglassful of vinegar. Place in a stewpan over the fire, thicken with butter rolled in flour. Stir constantly, not allowing to boil, and when thick take off and add the juice of half a lime. This must not be allowed to curdle, or if by any chance it does, strain through a fine sieve.

### China Chilo

Mix with one pound of minced mutton one cupful of green peas cooked, one lettuce and one onion, chopped fine, saltspoon of pepper, two of salt and two table-spoonsful water. Simmer and serve with boiled rice.

### Pursindah Sikhi

Cut into squares about a pound of any cooked meat and mix with it one ounce salt, juice of one lemon, two and one-half drops coriander, ten drops cardamom, ten drops cloves, two drams pepper, then add a cup of sour milk. Serve very hot.

### Dopeyozah

Put three ounces of butter and a dozen cloves into a saucepan and in it fry an onion cut into rings. Add a table-spoonful of curry powder, stir and turn in a pound of rump steak cut into small pieces, seeds of six cardamoms, two bay leaves (chopped) and salt. Serve with a separate dish of rice.

### Mint Chutney

Mix well one-half pound green mint leaves, one ounce red chilis, one-fourth pound salt, one-fourth pound raisins, one-half pound brown sugar, one ounce garlic or onion. Pour over it a full pint of boiling vinegar. Bottle when cold.

### Marchooba

Boil asparagus and chop small the heads and tender parts of stalks together with a boiled onion. Add salt and pepper and the beaten yolk of an egg. Heat up and serve on sippets of toasted bread with melted butter.

### Kobbe

Boil a fine cabbage, press free from water and cut into slices. Take a few green onions previously boiled and chopped fine with pepper and salt, and mix together with the cabbage in a stewpan along with some butter. Stir well together with a table-spoonful of stock and the juice of a lime. Stew gently for a few minutes and serve hot.

### Toffee

Mix one pound brown sugar, one-half pound butter, one-fourth pound treacle (honey and water, thin molasses or sugar and water), two grated lime peels. Boil three-fourths of an hour.

Hindu cooks make their own curry powder, a mixture of cumin, cardamom and coriander seeds, turmeric, chilis, black pepper, mustard seed and pulle leaves in certain exact proportions, but as curry powder in perfection is to be had ready made American cooks would be unwise to attempt to make it.

## Little or No Cooking—and That in the Fireless

By VIRGINIA CARTER LEE

FUEL conservation in summer cooking means comfort as well as economy, and with the aid of a fireless cooker and by serving no cooked desserts, or only those that require heating, such as junket and fruit charlotte, this can easily be accomplished.

Get out the chafing dish and use it on the breakfast table. Why limit its joys to the supper and luncheon table? The creamed eggs, fish hash and even the fried hominy can be cooked in turn while you are enjoying your fruit or cereal. Remember, also, that on a torrid morning in midsummer a cold cereal with fruit, an appetizing vegetable sandwich made with war bread, and coffee, either hot or iced, will make an ideal summer breakfast with practically no cooking at all.

Only three meat dinners (lamb and veal) are used during the week, with a can of boned chicken (utilized for luncheon and to give flavor to the baked, stuffed peppers planned for the evening dinner on the same day).

The price of the chicken is included in the grocery bill and does not come under the meat purchases. Do not buy the minced or devilled chicken; this may be good for sandwiches, but it is not to be recommended for dishes where the meat is to be cut in cubes or sliced. Always take the chicken from the tin at least two hours before it is to be used, rinse in cold water and chill on the ice after it is thoroughly drained.

In making use of the fireless cooker in the various recipes care should be exercised to follow the rules and directions that accompany each individual cooker. The general principle is about the same in each case, but every cooker has its own idiosyncrasies, and sometimes these must be humored. Also do not blame the cooker if tough meats, fowl or meats are not cooked in the stipulated time. Even with a coal range old hens

and tough vegetables will frequently take twice as long as younger, fresher articles. The cooker likewise will need more time to render them tender.

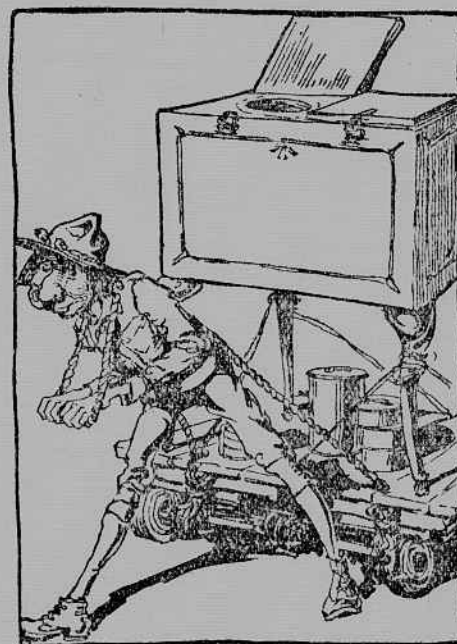
Few persons like the regulation hot soup course during the warm weather, and a variety of canapes, vegetable cocktails and fruit purées will prove a welcome change. Fortunately in the two former almost any chilled vegetables rather than almost any can be utilized, and in the latter fresh, canned, stewed or even dried fruits will answer. Study various combinations and find how popular they will prove with the family. In making fruit purées to serve as a first course, remember that they are served in the nature of appetizers. Keep the natural acid of the fruit. Little or no sugar should be used.

Supplies at the butcher's will include three pounds and a half of shoulder veal at 28 cents a pound, and two pounds of stewing yearling lamb at 26 cents.

At the fish market one pound and a half of pan fish at 16 cents a pound and a two-and-a-half-pound sea bass at 22 cents a pound. (The fish used for Monday's dinner is a left-over from the previous Sunday.)

Seven quarts of bulk milk at 10 cents a quart, two quarter-pint bottles of cream at 12 cents each, one pound and a half of butter, for table use only, at 50 cents a pound; half a pound of oleo at 16 cents, and two dozen eggs at 48 cents a dozen will be required to follow the menus as planned, and the approximate marketing figures should run as follows:

Butcher's bill.....	\$1.50
Fish bill.....	.79
Milk and cream.....	.94
Butter and oleo.....	.91
Eggs.....	.96
Groceries, including fruit and vegetables.....	6.90
	\$12.00



## The Fireless Stands Guard Over the Coal Supply

If you can soothe the cook's feelings, please the Food and Fuel administrators and have more appropriate and more healthful food for warm weather, why not do it?

You can scorn cooked desserts almost entirely, using the fruits in their freshness; you can reduce roasting and baking to a minimum, whether it be for breads or meats; and you can turn to the fireless cooker, nine times out of ten, when cooking must be done.

A cool kitchen, a peaceful cook, a small butcher's bill, a full coal bin and the sweet consciousness that you are saving coal somewhere when the gas stove is cold—these are all good things to have. Let the fireless help you to get them.

A. L. P.

## TESTED RECIPES

### Curried Fish With Rice

This recipe can be prepared from a small quantity of left-over, cooked fish; it is inexpensive. Flake the fish finely and mix with a brown sauce, seasoned to taste with curry powder. Arrange alternate layers of the fish and cooked rice in a buttered baking dish, with the rice on top, brush over with beaten egg and cook in the fireless cooker, using two radiators, for about thirty-five minutes.

### Veal in Caper Gravy and Cream

This dish is also cooked in the fireless. Season three pounds of veal from the shoulder with salt and paprika. Dissolve one table-spoonful of cornstarch (scant) in one cupful of thick, sour cream, add one table-spoonful of capers and pour over the meat. Set the kettle containing the meat in the cooker and cook about three hours, using one radiator.

### Glacé Veal

This appetizing dish is prepared from the cold veal left from the previous night's dinner. Cut it in small pieces, sprinkle with salt and paprika, and set aside. Place in a saucepan one sliced onion, stuck with whole cloves, and add a piece of celery root (or a few dried leaves), two large cupsful of cold water, two table-spoonsful of chili sauce or catsup and salt and paprika to taste. Simmer for twenty minutes. Strain, stir in one bouillon cube or half a table-spoonful of beef extract, season to taste with salt and paprika, and add one table-spoonful and a half of gelatine, softened in four table-spoonsful of cold water. Stir until the gelatine is dissolved, and when it begins to stiffen add the veal, a few sprigs of parsley and about eight stuffed

olives, cut in halves. Set in the icebox to chill and harden.

### Vegetable Cocktails

Have the ingredients as cold as possible and chill the glasses in which they are served. To serve four persons, peel one large tomato, cut in cubes and add half a cupful of diced cucumber, six tiny minced onions, four chopped radishes and half a cupful of shredded, crisp watercress. Toss together lightly, season with salt and paprika and pour over each cocktail the following mixture: Two table-spoonsful of vegetable oil, one table-spoonful of vinegar, a pinch of celery salt and a few drops of Worcestershire sauce.

### Blueberry Muffins

Mix together three cupful of barley or oat flour, five table-spoonsful of baking powder, one table-spoonful of salt and one table-spoonful of sugar. Mix in gradually one cupful of skim milk, one lightly beaten egg, a scant quarter of a cupful of cold water, one-quarter of a cupful of corn syrup and one cupful or more of blueberries. Mix well, fill into greased muffin pans, let stand for twenty minutes and bake in a moderate oven.

### Gooseberry Fool

The name of this dish, like many others, comes to us from the French. Spell the word fool as it was originally, *fole*, and it means "pressed." Cut the tops and tails off of a generous quart of gooseberries, put them into a jar with four table-spoonsful of water and two of brown sugar, set the jar in a vessel of boiling water and let simmer until the fruit can be mashed. Press through a puree sieve and to every pint of the pulp add sugar to taste, half a pint of stiffly whipped cream and a quarter of a pint of rich milk. Beat the mixture until very light, and fill into tall, slender glasses. Serve very cold.

### Monday

#### BREAKFAST

Stewed Plums

Barley Mush

(cooked in the fireless cooker)

Thin Rye Bread and Butter Rolls

Iced Coffee

#### LUNCHEON

Devilled Eggs

Olives

Toast

Stewed Rhubarb

#### DINNER

Vegetable Cocktails

Curried Fish and Rice

(in the fireless cooker)

Green Peas

Sliced Peaches

### Tuesday

#### BREAKFAST

Moulded Rice with Blackberries

Watercress and Tomato Sandwiches

Coffee

#### LUNCHEON

Cottage Cheese and Green Pepper

Salad

Potato Scones

Red Raspberries

#### DINNER

Cucumber and Onion Canapes

(with thin corn bread)

Veal in Caper Gravy and Cream

Green Corn

Creamed Potatoes

Gooseberry Fool

### Wednesday

#### BREAKFAST

Sliced Peaches

Fried Hominy

Syrup

#### LUNCHEON

Lettuce and Mayonnaise Sandwiches

Cocoa

Fruit Charlotte

#### DINNER

Vegetable Oyster Soup

Glacé Veal (left-over)

Hashed Browned Potatoes

Fruit Salad

Spinach

### Thursday

#### BREAKFAST

Black Caps

Corn Flakes

Fried Pan Fish

Toast

#### LUNCHEON

Cream of Green Pea Soup

Spanish Omelet

Peach Whip

Oatmeal Macaroons

#### DINNER

Purée of Fruit in Sherbet Glasses

Escalloped Potatoes

String Beans

(in the fireless cooker)

Coffee Mousse

### Friday

#### BREAKFAST

Stewed Rhubarb

Creamed Eggs (in the chafing dish)

Rye Bread Toast

Coffee

#### LUNCHEON

Stuffed Tomato Salad

Thin Corn Bread

iced Fruit Tea

Watermelon (half)

#### DINNER

Halved Cantaloupe

Baked Sea Bass (in the fireless cooker)

Succotash

Lyonnaise Potatoes

Fruit Jelly

### Saturday

#### BREAKFAST

Sliced Peaches

Browned Fish Hash

(in the chafing dish)

Watercress

#### LUNCHEON

Cold Sliced Boned Chicken (canned)